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 **Mother-Daughter Wisdom** introduces an entirely new map of female development, exploring the "five facets of feminine power," which range from the basics of physical self-care to the discovery of passion and purpose in life. This blueprint allows any woman—whether or not she has children—to repair the gaps in her own upbringing and create a better adult relationship with her mother. If she has her own daughter, it will help her be the mother she has always wanted to be.